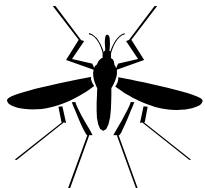


## He aha ai mea?

‘O Dengue (kona inoa haole a i ho`opuka ‘ia: den gee) ka ma`i mū hōlapu i ho`oili `ia i nā kānaka ma o ka `aki a kekahī makika i loa`a mua ia ma`i. ‘O ka makika Aedes ka mea e ho`olaha ana ia ma`i.



‘A’ole lele pololei kēia ma`i mai ke kanaka mai i ke kanaka aku.

## Nā Hi’ona:

- Ka piwa wela loa
- ‘eha loa ke po’o
- ‘eha ke kino a me nā ‘ami



- ka lua`i
- ‘eha ka maka
- ka ‘ōhune



E hele aku i ke kauka ke loa`a ia mau hi’ona



E ho’omalu iā ‘oe iho a me kau ‘ohana mai ka piwa Dengue. ‘A’ohe lā’au ho’ōla. Hiki na’e iā ‘oe ke pale ia ma`i ma ke kāohi ‘ana i nā makika a ma ka ho’omalu ‘ana iā ‘oe iho.

## Ke kāohi ‘ana i nā makika:

- E lawe aku, kāpili hou a I ’ole kahuli iho i kēlā me kēla mea e ho’opa’ a i ka wai ua e like me: nā kini, nā ‘ōmole, nā pākeke, nā kaea kahiko, nā poho mea kanu, nā pulumi kaupoku i ho’opa’ a ‘ia, nā ‘ōmuku kumu lā’au, nā paia paomeki a me nā paipu pā i pani ‘ole ‘ia, nā ka’ a waiho wale ‘ia, nā wa’ a a me nā moku, nā mea kanu e like me ka polomeliaka, ka lilia hala kahiki a me ka ‘ohe.



- E nānā a kāpili hou ke koi ‘ia i nā pani puka uea makika a me nā pukaaniani uea makika.

- E kīloi i ka wai ma loko a holoi i ho’okahi lā o ka pule i nā pā wai a me nā kula wai hāinu a nā hānaiāahu a me nā holoholona.



- A me kēlā e hana like ai i nā pika pua kekahī.



- E ho’ohui i 4 - 6 ‘auneki kopa holoi pā me ho’okahi kālani wai a e kīkī aku ma ka ‘ili o nā wai kū a pau, kahi e hānau ai nā makika, a e kīkī hou i nā lā he 2 - 3 a pau. Mai kīkī ma nā pahu ‘apo wai a i ‘ole ma ka wai inu.

- E pepehi i nā makika o’o ma loko o ka hale me ka lā’au make ‘elala kīkī i hana ‘ia no ka pepehi ‘elala lele.

- E nānā a kāpili hou i kāu pahu ‘apo wai e komo ‘ole ai nā makika ma loko.



## Ka ho'omalu 'ana iā 'oe iho:

- E hamo a i 'ole kīkī ma kou 'ili ahuwale i ka 'aila pale makika i loa'a ka mea pale 'o "DEET" o loko. E ninau i nā nīnau e pili ana iā "DEET" i kekahī kanaka kāwili lā'au a i 'ole e nānā i kā mākou paena pūnaeweles.
- E komo iho i nā lole ho'omalu e like me ka pālule lima loa, ka lole wāwae loa, nā kākini a me nā kāma'a ma nā hola kakahiaka nui a ma ke ano ahiahi, 'o ia nā manawa e 'aki nui ai nā makika 'aki lā.

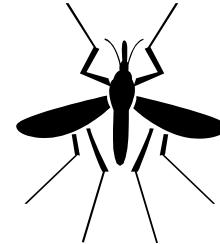


- E pani i nā pukaaniani a me nā pani puka i loa'a 'ole ka uea makika.
- E maka'ala, he 'eha 'ole paha ka 'aki a ka makika, akā na'e he ma'i nui paha ka loa'a.

E ninau i nā nīnau i kāu a i 'ole i ka  
"Oihana Ola o ka Moku'āina 'o  
Hawai'i

- O'ahu: 586-8352 (v/tty)
- Big Island: 933-0912 (v/trs)
- Maui, Moloka'i, or Lānai: 984-8200 (v/trs)
- Kaua'i: 241-3387 (v/trs)

[www.hawaii.gov/doh/dengue](http://www.hawaii.gov/doh/dengue)

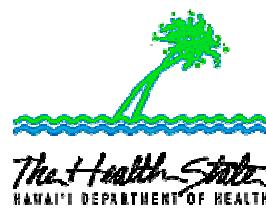


Dengue

Na Pono Kaulike

Ua noa kā mākou mau hana me ka pā'ewa'ewa 'ole i ka lāhui, ke kala 'ili, ka 'āina hānau (ka 'ōlele kekahī), ka makahiki, ke keka, ka ho'omana a me ke kīnā. E kākau a i 'ole kelepona i nā polokalamu ma ka pepelu a i 'ole i ko mākou Kikowaena Pai Laemāuna ma ka Pahu Leka 3375, Honolulu , HI 96801-3375 a i'ole kelepona 586-4616 ma loko o nā lā he 180 o ka loa'a o kekahī pilikia.

Benjamin J. Cayetano, ke Kia'āina  
Bruce S. Anderson, ka Luna 'Oihana Ola



[www.hawaii.gov/doh/dengue](http://www.hawaii.gov/doh/dengue)

